

TMI Focus



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A Newsletter Of The Monroe Institute

Winter 1997

CHANGE ... GROWTH ... AND SO MUCH MORE

by Laurie A. Monroe



"A road that does not lead to another road always has to be retraced, unless the traveler chooses to rest at the end of it."

As we approach the end of this year and look toward the future of TMI in 1997, I am reminded of this Chinese proverb. The road that the Institute has traveled began forty years ago and has branched out many times along the way. Bob's Monroe's early research and single-handed trial-and-error attempts to correlate specific sound frequencies with specific states of consciousness have

benefitted all of us. Through the years we have expanded our research capabilities which include sophisticated brain-mapping equipment. Due to the conscientious efforts of Bob and those who supported him, the Institute has an exceptional reputation for being on the cutting edge of the study of human consciousness. In addition, we are no longer isolated within our own laboratory in our efforts to learn more. Currently, studies of the effectiveness of the Hemi-Sync technology are being conducted at Duke University, the University of Virginia, Northern Arizona University, the University of Utah, and Columbia Presbyterian Hospital.

Similarly, the Institute's educational programs have expanded far beyond the weekend workshops that Bob conducted at Esalen and other retreat centers and motels in the 1970's. The *GATEWAY VOYAGE* alone has been attended by thousands at the Nancy Penn Center in Virginia. In 1996, twenty-two *GATEWAY* programs were offered, almost all full to capacity and often wait-listed. Our graduate programs were also much in demand and attended by greater numbers of participants than ever before.

All of which brings us to another road.

It is time to expand. In order to further develop our capability to provide an environment to accommodate the growing numbers of people who learn about our work, expansion of our facilities is essential. By doing this, those who are avid in their desire for

STARTING FRESH— CHALLENGING AUTISM WITH HEMI-SYNC

by Anne Carpenter

Anne Carpenter was born in February 1957 with congenital rubella—a result of her mother's illness during pregnancy. Cataracts were removed and a defective heart valve was repaired at an early age, though right ear nerve deafness persisted. She walked late, only began to talk at five, and related to others with difficulty. Life was a difficult puzzle. A number of unusual behavior patterns manifested: spinning in circles, flapping her hands, and making involuntary noises.

Despite these obstacles, Anne attended public school for most of her education (supplemented by a class for blind and partially-sighted children and a special school in Pennsylvania). Her mental and social skills improved with maturity, and she went on to achieve a master's degree in library science. Now, although many of the old habits are gone, she still must live with autism. Anne is sharing how Hemi-Sync has eased her way in the hope of helping others.

Although many of my earlier problems with autism are gone, it now expresses itself in a different way. I am often anxious and compulsive (i.e., feeling a need to check the stove or doorknob several times to "make sure" everything is all right). My sleep cycle is irregular, and I often go to bed too late because I just don't feel tired. This leads to



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SYNC-CREATION™

by Joseph Gallenberger, PhD



Joseph Gallenberger is a clinical psychologist with twenty years' experience. He practices psychotherapy in Hendersonville, North Carolina, and teaches individuals and

businesses how to utilize meditation. Joe is a program trainer at The Monroe Institute, a Professional Division member, and a tape distributor. His new book, titled *Brothers Forever: An Unexpected Journey Beyond Death*, is receiving rave reviews and may be ordered from Interstate Industries, Inc. Joe is available for speaking engagements and workshop presentations.

This story is about following your dreams to find treasure. The treasure I seek is to reliably create within time/space through nonphysical means. By *create* I mean to influence and transform physical matter through loving connection with and expression of God's source—not by merely building psychic muscle.

We affect matter all the time. Why bother to learn to do this non-physically? Part of the answer is that when we create in the usual way—building a house for example—we need to consciously understand how to go about each step and are confined to physical limits. However, by using nonphysical influence, we leave the details up to our superconscious and are free of time/space constraints. I know that we can affect matter through a nonphysical means, called psychokinesis (PK). It is our birth-right, and it is good. PK can be used to bring about healing, abundance, and balance. Safeguards seem to be built right into the process. Aligning with the highest of values promotes success on a predictable and powerful basis.

I offer no scientific proof, although the body of evidence—coming from

places such as Princeton Engineering Anomalies Research Laboratory and the Consciousness Research Laboratory at the University of Nevada—does, in my opinion, prove PK exists. We can analyze things here, but please remember that this is essentially a heart experience. Bob Monroe's prime directive, "Go find out for yourself," applies. But consider this: if you embark on a similar journey, belief systems may be shattered. Along the way you may claim the God-quality of being able to see within physical matter and influence it.

During TMI programs I have tried touch-healing, usually of a participant's headache or back pain, with a positive effect much of the time. PK seems to use basically the same energy as this type of healing—though inanimate objects are both less responsive and potentially less resistive. I first became aware of PK ability after a few days' exposure to Hemi-Sync while training a *LIFE SPAN 2000* program. This was about five years after starting to use Hemi-Sync regularly.

There is a distinctly different feeling to this phenomenon versus telepathy, precognition, OBE, or other psychic states. In the PK state I am filled with energy, my hands are often very hot, and I "know" that I am affecting matter. The feeling tone is one of wide-open heart delight. I have achieved results influencing dice over tens of thousands of rolls, with coin flips, and with computer games. Also, under controlled conditions, I have achieved significant statistical results in experiments influencing random number generation in computers, influencing the water-column height of a bubbling fountain, and influencing laser dispersion on a photographic plate.

Usually when one attempts to affect the outcome of a random event through PK, one gets excellent results immediately, then performance rapidly declines (probably because fear kicks in). Finally, results may improve over time. But one risks boredom through the thousands of trials. My motivation is sustained by curiosity

about how these new meditative states feel, by helping others, and by hope of expanding our knowledge of man's capabilities. I often practice PK within loud and chaotic environments. Utilizing energy under stressful conditions helps skills become more robust.

Typically I prepare by taking a slow shower, loving the body and affirming the goodness of the physical. Then I meditate with Hemi-Sync, pulling in light and love. During meditation, I drop struggle, fear, judgment, and impatience, then enter into an expansive space and imagine success with my target. I request my Council's presence strongly before doing PK (Council is my name for all good sources of guidance and energy). I am clearly in an altered state (lights sparkle, flowers glow with radiant beauty). I am relaxed but charged, and feel gratitude and joy.

Initially, strong PK bursts of thirty minutes or more left me deeply tired. Every muscle ached and my nerves felt like they had been plugged into an electric socket. I have also seen lines of force and other energy patterns extending between my center and the physical object being influenced. At these times the physical world became filled with light, and felt very odd. Belief systems took a major assault as another reality preempted time/space. There is a big difference between reality changing in a CHEC unit and changing realities while actively operating in the physical world.

During a particular two-hour session, there was a feeling of being strongly in touch with the angelic realm—more there than here—very light and playful. Then the experience became nearly impossible to describe. It was as though human identity dropped away. The physical world was barely discernible, almost totally transparent. Incredible energy danced from all objects and spaces causing sensory overload. Form was definitely subordinate to energy and held together by subtle wisps of thought. "Ah!" I mused, "This is the joyful dance of creation." Everything was compassionately and joyously funny. From this state I felt one

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SYNC CREATION

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could come into and go from the physical world without experiencing death.

The overall process shares similarities with the *GATEWAY VOYAGE*. It initially took five days to clear and raise my energy enough to experience the PK effect in full. That has shortened to less than three days. There is a "rise time." Increased sexual energy is a sign of being in rise time. Heart energy is a sign of moving toward the manifestation state but is insufficient without strong grounding. Eliminating all "them-us" dichotomies and knowing that "all is one" are associated with the creation state. The state seems similar to that of a child in a sandbox with no self-consciousness and full trust. When they occur in the process, suffering and confusion are embraced because they encourage humility, compassion, interest, mystery, and connection with others—all aids to keeping this path healthy.

Hemi-Sync helps me to relax, raise energy, clear blocks, problem-solve, and connect with guidance. To raise energy high enough for PK, I prefer doing Resonant Tuning throughout entire *METAMUSIC* tapes. My favorites for this purpose are *Sleeping through the Rain*, *Daybreak*, *Into the Deep*, *Higher*, and *Portraits*. The PK path explores beliefs, challenges fear, and feels vibrantly alive. My tale celebrates mystery as much as knowledge. As I handle the energy better, there is less separation between normal and enhanced states. Guidance has included the following observations: "When a child is at play, he is really unconscious of what someone else thinks. It is a receiving more than a doing, like licking a chocolate. The mental sets the pattern—the heart receives."

Heaven can be right here on earth and within each of us. We can all manifest more effectively and consistently if we have the courage to feel deserving and powerful. This involves adopting a new understanding

of the physical world as responsive and changeable and the spiritual world as solid, strong, real, and constant—and of the energy flow between these worlds. TMI's *EXPLORATION 27* course is a good introduction to the knowing of this reality. I am also developing a system—currently named *Sync-Creation*—for teaching this skill. It includes detailed meditations, guidelines, and affirmations and emphasizes physical, psychological, and spiritual balance. The quality of consciousness achieved in the PK state may also enhance other skills such as physical healing, decision making, and manifesting. To do these things powerfully, we must suspend our doubts about our own and the universe's goodness. This results in creating and receiving more love—and that makes the angels sing!

[To schedule presentations or workshops, write to Joe at 713 Oakland Street, Hendersonville, NC 28739. You may also phone him at (704) 692-6947 or connect via his e-mail address:

73122.1642@CompuServe.com]



CYBERSPACE VOYAGERS

The *VOYAGERS* Internet mailing list, an electronic lync, was established for those using Hemi-Sync to venture into the realms of their own consciousness. It's for all who want to continue learning by telling about their voyages, reading of others' experiences, and exchanging information about TMI programs and audio-guidance learning systems. **voyagers@monroe-inst.com** is the mailing list address. Send a request with "subscribe" as the Subject to: **voyagers-request@monroe-inst.com** to subscribe. Requests are handled in person, so allow for a delay. You will get a welcome message with instructions when you have been added.

Try the Institute's www server at: **http://www.monroe-inst.com/** if you have access to the World Wide Web. **ftp.monroe-inst.com** also allows you to download TMI files. **MonroeInst@aol.com** is our official E-MAIL address. Of course, you may still call (804) 361-1600, the 24-HOUR INFORMATION LINE, to hear prerecorded voice messages, or to receive information by FAX.

Other net sites addressing related topics are:

Altered States of Consciousness (ASC)

http://www.utu.fi/~jounsmmed/asc/asc.html

Spiritual Consciousness (Spirit-WWW)

http://zeta.cs.adfa.oz.au/Spirit.html

Anomalous Cognition

http://macwww.psy.uva.nl/psychonomie/research/anomal.html

The WWW Virtual Library: Spirituality & Consciousness

http://zeta.cs.adfa.oz.au/Spirituality.html



FROM SLOVAKIA WITH LOVE

In October, TMI Board and Professional Members Jill and Ronald Russell relayed a message from Miroslav Simkovic. He wrote, "The gifts of tapes and funds from TMI Professional Members were really generous, and we are very grateful to all the people that engaged in this. Thank you all very much for your efforts and support." The gifts were to further the work of The Annwin Center—a nonprofit educational organization for the support and development of human potential. The Center currently offers a Hemi-Sync antistress program for businesspeople, bank officials, and workers in the administrative services. Miroslav and his brother Peter—cofounders of Annwin—intended to present Hemi-Sync to the local populace by the end of November and in Prague and Jihlava by 1997. The Simkovics have attended Hemi-Sync workshops in the Russell home in New Galloway, Scotland, as well as bringing the Russells to Slovakia to present a workshop.

[Tapes and books that are clutter to you will be treasured in Slovakia. Send your contributions to Miroslav Simkovic, The Annwin Center, Internatna 31, 97401 Banska Bystrica, SLOVAKIA.]



CHANGE ... GROWTH ... AND SO MUCH MORE

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personal growth and consciousness expansion may attend our programs without lengthy delays and while still at the height of their interest and enthusiasm.

Over the years many of you have had the privilege of spending personal time with Bob and Nancy in their lovely home on Roberts Mountain overlooking the Center. Nancy and Bob referred to their home as the "Gift House." Since their transitions, much thought has been given to the appropriate use of this residence, and it has become clear that this wonderful environment would be an ideal location for certain TMI graduate programs. Comfortable, homey, and beautifully decorated, participants will be able to listen to tapes, share experiences, and optimally create the synergy of their own unique group energy within the special energies of Bob and Nancy's beloved home. Bob's cabin could also well afford the possibility for advanced research opportunities for selected graduate students.

Conducting some of the graduate programs at their home, which will be named Roberts Mountain Retreat, will enable us to conduct more *GATEWAY* programs at the Center. At the same time, it will provide our valued *GATEWAY* and other program graduates the opportunity to further learn and explore in an intimate setting especially conducive for opening to deeper levels of self.

We are excited about this new direction and expansion as we continue to explore more deeply various aspects of human consciousness. We will be able to better serve those who seek to Know. We will be able to help many more people know that they truly are more than their physical body. You know how this knowledge has affected your own life's pattern and what a difference it has made in your life. Bob always said, the one thing you can always count on is change. We invite you to join us on this journey of the Institute's growth. We look forward to your attending a future program at Roberts Mountain Retreat.



MANAGING STRESS AND ENHANCING PERFORMANCE: HEMI-SYNC AT DUKE UNIVERSITY

by Stefan J. Kasian, AB



In 1996 Stefan J. Kasian received his degree from Duke University in pre-medicine, computer science, and psychology. He also received a certificate in science, technology, and human

values. Stefan plans to embark upon a career in mind-body medicine.

On Thursday, November 7, 1996, I introduced Hemi-Sync to a class at Duke University as part of Physical Education 14, "Stress Management and Performance Enhancement." This special course was created by Larry Burk, MD, associate professor of radiology at Duke University Medical Center and coordinator of the Mind-Body Medicine Study Group. He is also an anodyne imagery practitioner and uses techniques incorporating neuro-linguistic programming (NLP), relaxation, and imagery to help alleviate pain during radiologic procedures. The course's purpose is to show undergraduates different consciousness technologies that facilitate peak performance and alleviate stress. It is held biweekly during the semester and features local health professionals, acupuncturists, and hypnotherapists. This particular class took place in the "wrestling room" of Card Gymnasium at Duke University's West Campus.

During this session, the PREP side of *H-PLUS Synchronizing* was used to demonstrate Hemi-Sync's power to induce a state of relaxation and alter consciousness. The introductory remarks included a description of my experiences as a TMI research intern during the summer of 1994 and insights gained from participation in the August 1994 *GATEWAY VOYAGE*.

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oversleeping the next day. My part-time job at the Autism Society of Michigan (ASM) requires that I get up early to be at work on time. So I wind up very tired and groggy as a result. Sometimes I become hyperactive and discharge excess energy and anxiety by jumping around and making noises when I'm alone at home.

Three years ago, when I was speaking at a workshop at the ASM office, a woman played a tape with beautiful music. When I asked what it was, she showed me the Hemi-Sync tape *Inner Journey*. My sleep over the next few nights was better than it had been in a long time. I was given a copy of that *METAMUSIC ARTIST* tape as well as *METAMUSIC ARTIST Sleeping through the Rain*. Falling asleep became much easier and my anxiety level lessened. My fascination with the Hemi-Sync process grew, and two years ago I got a Monroe Institute Sustaining Membership as one of my birthday gifts. Of course, it has been renewed.

Since then, I've used Hemi-Sync frequently and regularly fall asleep when listening to the tapes. When the tape is over, I feel a clarity of mind and realize that my sleep was exceptionally refreshing. When using Hemi-Sync, I feel calmer—yet highly aware of everything. My hearing seems supersensitive. It's easier to solve problems and come up with creative solutions. My attitude becomes more optimistic, as though things will really work out for the best.

Another outstanding effect I've noticed is "kabooms," or explosions of insight about how the brain might work or how things might be. The human brain has been a personal fascination of mine since a neurological examination at age twelve.

"Kabooms" are likeliest to occur late at night, when I usually listen to Hemi-Sync audiotapes or the *TimeOut*

for Sleep CD. As a matter of fact, they may happen even on nights when I'm not using any of the tapes. It's as though my brain has a timer that starts on a regular schedule. Lately I've been using the *Miraculous Principle* (the spring 1996 quarterly tape). That triggered a series of "kabooms" and left me more energized for helping conduct a workshop in April. "Kabooms" are more frequent since I've been issuing the Plus-Flow Better Function Command* to myself throughout the day. This may also be related to working with the *Discovery* album from the *GATEWAY EXPERIENCE*. I'm now up to tape 4. Sustaining the "kabooms" for longer periods of time allows me to suspend autistic behavior such as picking at my fingers and making involuntary mouth noises. Hemi-Sync is very beneficial, but there are instances when it is not as effective. Taking in caffeine, being very tired, and having PMS markedly interfere with its influence. And when Hemi-Sync use is infrequent or irregular, my response diminishes over time.

Application of the Hemi-Sync process may not cure my autism, but a cure is irrelevant to me. We have not even scratched the surface of the brain's potential, and it's possible that that potential may be unlimited and infinite. Wouldn't that be wonderful? Rather than being disappointed at the lack of a cure for autism, let's focus on tapping into more of the brain's capacities. Maybe then autism—and other mental disorders—won't be such a problem. In a dissociative state, my autistic symptoms diminish. An imbalance between focused attention and disassociation may be a major obstacle to accessing our full abilities as human beings, as well as a factor in the repetition of destructive behavior patterns.

* *Plus-Flow Better is the Function Command* for HUMAN-PLUS Brain: Repairs & Maintenance. *This exercise is designed to help you learn to improve the brain's blood flow and chemical and electrical activity in order to think and act more clearly.*



MANAGING STRESS

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The scientific basis of Hemi-Sync was also discussed, including a recent study of binaural beats to promote attention by James D. Lane, PhD, Department of Psychiatry and Behavioral Sciences at Duke Medical Center. I was Dr. Lane's assistant for this research project.

Approximately fifteen students lay side by side in rows on the wrestling mat while listening to the *H-PLUS* tape. Following the tape session, they were asked to share their experiences. Many of them related a peculiar occurrence: they found themselves quickly asleep before Robert Monroe completed the relaxation induction; just as quickly, they awoke upon his countdown to the awake state. It was explained that this experience could be a prelude to Focus 10—the "mind awake/body asleep" state, a level of consciousness that may enhance performance. Another student found himself "flying as if in an amusement park ride." I suggested exploring the phenomenon further with Hemi-Sync tapes and Bob Monroe's books. Overall, the students were fascinated and simply did not want to return home. And they were grateful for the complimentary tapes and information packages provided by the Institute's director of corporate development and the Professional Division. Needless to say, the consciousness superhighway may soon have some more fellow voyagers, thanks to The Monroe Institute and pioneers such as Dr. Burk who create such opportunities.



QUARTERLY TAPE

METAMUSIC SAMPLER

Please accept an invitation to enter 1997 on a cascade of music. Twenty-six titles (including six brand new releases) create ever changing patterns in a sparkling, melodic stream. Enjoy!

THE MONROE INSTITUTE PROGRAM SCHEDULE

All programs listed below will be held at The Nancy Penn Center in Faber, Virginia.

1996-1997

EXPLORATION 27

(For *LIFELINE* Graduates)

February 1-7, 1997

April 26-May 2

July 19-25

GATEWAY VOYAGE

January 11-17, 1997

February 8-14

February 22-28

March 8-14

March 22-28

April 5-11

April 19-25

May 10-16

June 7-13

June 21-27

July 12-18

August 16-22

GUIDELINES

(A Graduate Program)

February 15-21, 1997

April 12-18

June 14-20

HEARTLINE

(A Graduate Program)

May 17-23

August 2-8

LIFELINE

(A Graduate Program)

November 9-15

January 25-31, 1997

March 15-21

May 31-June 6

PROFESSIONAL SEMINAR

July 26-August 1, 1997

Editor: Shirley Bliley

Layout and Design: Jackie Umbarger

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HEMI-LYNC Making Global Connections

Hemi-Lync is a print media network bulletin board—a communication device—for connecting you with people, events, and publications around the world that have something to share about Hemi-Sync. It's your forum and we encourage you to use it. The items posted in this issue represent only a few of the Hemi-Lync possibilities. To submit your Hemi-Lync item, write or call the TMI FOCUS, The Monroe Institute.

Appearances

October and November were busy months for James Beal, a member of the TMI Board of Advisors and Professional Division. Jim spoke at the Second Annual Advanced Water Science Symposium in Dallas, Texas, October 5, on "Biosystem Liquid Crystals and Potential Natural and Artificial Electromagnetic Field Effects." On October 20 he presented "An Overview of The Monroe Institute: Brainwave Technology and the Tools for Exploration of Consciousness and Self-Discovery" to the Institute of Noetic Sciences study group in New Orleans, Louisiana. He rounded off his tour with "Biosystem Liquid Crystals: Several Hypotheses Relating to Interacting Mechanisms Which May Explain Biosystem & Human Hyper-sensitivities to Electric & Magnetic Fields" at the 1996 Annual Review of Research on Biological Effects of Electric and Magnetic Fields from the Generation, Delivery, and Use of Electricity in San Antonio, Texas, November 17-24.

In November, Gregory Carroll, PhD, gave a seminar at Western Carolina University. Greg, an associate professor of music at UNC Greensboro as well as a Professional Member and member of



our Board of Advisors, was a participating lecturer with a team of medical doctors from Duke University. He spoke on "Music and Healing" and

shared information on related Hemi-Sync applications with approximately twenty-five teachers from across North Carolina.

Author, clinical psychologist, and Professional Member Joseph Gallenberger, PhD, was a featured guest on two segments of *Pathways*, a cablevision program which airs at 7:30 P.M. EST each Friday in Charlotte, North Carolina. He discussed Robert Monroe and The Monroe Institute on October 18. The October 25 program provided an opportunity to elaborate on the nature of the Institute, the *LIFELINE* residential program, and his new book—*Brothers Forever*. Computer-enhanced video footage, prepared by TMI Research Director F. Holmes (Skip) Atwater, contributed to the quality of Dr. Gallenberger's presentation.

Social psychologist and Professional Member Leonard Goodwin made a presentation entitled "Toward a New Form of Healing Organization" at the International Forum on New Science, in Denver, Colorado, October 2-6. In his abstract, Leonard noted that implementation of such an organization would require "new approaches to human interaction and the use of social science to assess the results of new practices." He sees the *GATEWAY VOYAGE* as an expression of this new paradigm of human interaction and has developed a preliminary protocol to evaluate its social and cultural impact.

Stefan Kasian, AB, 1994 TMI summer intern, and Larry Burk, MD, associate professor of radiology, made a joint presentation about "Hemi-Sync Technology" at the Duke University Medical Center in Durham, North Carolina, on November 7. Approximately twenty-five students attended the talk, which was part of a second-semester course, "Stress Management and Performance Enhancement". See article, page 4.

Books

The following titles are available from Interstate Industries, Inc.

Brothers Forever, by Joseph Gallenberger, PhD (\$11.95, softcover, Hampton Roads Publishing Company, Inc.)

Healing Myself, by Gari Carter (\$10.95, softcover, HRPC, Inc.)

Living Is Forever, by J. Edwin Carter (\$9.95, softcover, HRPC, Inc.)

Mind Trek, by Joseph McMoneagle (\$10.95, softcover, HRPC, Inc.)

Travelling with Power, by Ken Eagle Feather (\$10.95, softcover, HRPC, Inc.)

ULTIMATE JOURNEY, by Robert A. Monroe (\$22.00 retail; \$19.80 members, hardcover, Doubleday)

Using the Whole Brain, edited by Ronald Russell (\$14.95, softcover, HRPC, Inc.)

Electronic Lyncs

Refer to **CYBERSPACE VOYAGERS** for a complete listing of TMI and TMI-related "net surfing" addresses. TMI is now featured on the Internet Mall™, **FIRST FLOOR: Online Music Shop.**

Lyncing People

Here are names and phone numbers of readers willing to be contacts for regional get-togethers of Hemi-Sync users. We'll continue to add to the list as we hear from you. Please inform us promptly of changes in location and phone/fax numbers.

CANADA
HALIFAX, NS
Tom Tasse
(902) 433-2692
TORONTO, ONT
Blair Swanson
(416) 694-2908
VANCOUVER, BC
Carol Biernat
(604) 261-2840

ENGLAND
CAMBRIDGE
Sue Pitman
Tel (223) 843164
Fax (223) 515091
HANTS
John and Alison Perrott
Tel/Fax (252) 626448

EUROPE
THIMISTER,
BELGIUM
Patrick Bartholome
(32) (87) 44-70-70

JAPAN
TOKYO
Kanji Nakai
Tel (03) 5471-2502
Fax (03) 5471-2972

SCOTLAND
FIFE
Robert and Penelope Gibson
(337) 30 767
NEW GALLOWAY
Jill and Ronald Russell
Tel/Fax 44 (1644) 42035 7

U.S.A.
ARLINGTON, VA
Mark Gemmell
(703) 522-8663
BETHESDA, MD
Helene N. Guttman
Tel/Fax (301) 656-8980
BUTTE, MT
Leo McCarthy
(406) 494-3567
DAVIDSON, NC
Norma Atherton
(704) 892-7000
ENGLEWOOD, CO
Daniel K. Meyer
Kimberly Miller
(303) 740-8053

FINESVILLE, NJ
Pete Ennes
(908) 995-9493
DOYLESTOWN, PA
Chris Carey
(800) 731-7345
HENDERSONVILLE, NC
Joe Gallenberger
(704) 693-4721
INDIANAPOLIS, IN

Shawn Casey
(317) 852-7727
LAMBERTVILLE, MI
Eileen Tucker
(313) 856-5251
LENOIRE, TN
Art and Jan Flint
(423) 988-0104
NEW YORK, NY
Ross Jacobs

(212) 929-0661
Al Swadichuto
(212) 228-3298
PALMER, AK
Ross Perrine
(907) 746-6443
PASO ROBLES, CA

Leland Beck
(805) 237-8949
PORTLAND, ME
Joe Harrington
(207) 773-0291

PORTLAND, OR
Clayton Morgan
(503) 238-0137
Bill Oakes
(503) 288-5305 (w)
SAN MATEO, CA
Chow Chow Imamoto
(415) 341-1955 (r)
(415) 344-1822 (w)

SILVER CITY, NM
Marion Light Ray
(505) 388-5782
TEMPE, AZ
Marcie A. Katler
(602) 968-3021
TOLEDO, OH
Eileen Tucker
(313) 856-5251
TULSA, OK
Bruce W. Freeman
(918) 742-0743
WOODLAND, CA
Edy Harrington
(916) 669-1468

If you live within reach of any of these folks and would like to find other nearby people to "explore" with, get in touch. The *OUTREACH* Trainers and facilitators listed on the *Expanded Workshop* insert also welcome your calls. Special thanks to all of you who are willing to be connecting links in the extended TMI family.

Magazines

New Perspectives, August/September 1996, devoted its "States of Consciousness" section to "Robert Monroe's Legacy" by John Francis. The writer felt his *GATEWAY VOYAGE* connected him with the place "miracles come from." John, who has had severe chronic pain from accidents and broken bones since childhood, said, "What I did before was suffer. What I do now is listen to the Monroe tapes a lot."

Outside, September 1996, touted *HUMAN-PLUS* tapes and the Institute's *In-Sync Sports* CDs in a sidebar on "Mental Training Wheels"—part of Mark Jannot's article, "Bodywork." Jannot interviewed Nathaniel Zinsser, the sports psychologist in charge of the mental training center for the U.S. Military Academy at West Point. In the personal letter accompanying a copy of the article, Zinsser thanked Skip Atwater for responding to his initial inquiry with "scientific rationale and research data to support the use of Hemi-Sync" and concluded with "I hope my testimony will attract more athletes to your work."

Television

This summer a CNN television crew filmed a brainmapping session in the TMI laboratory with Professional Member Elisabeth Y. Fitzhugh. A portion of the footage was selected as a two-minute short subject on Turner Broadcasting System's *TOPX* and aired October 6 at 10:00 P.M. on WTBS to an audience of approximately twenty-seven million following the presidential debates. Research Director Skip Atwater was shown commenting on the dramatic difference between the subject's baseline brain-wave patterns and those observed while connecting to expanded levels of consciousness.

INTRODUCING INTERSTATE

by Julie Mazo, Projects
Director

"Good morning. This is Interstate Industries, Inc. How may I serve you?"

No, the caller hasn't reached a highway trucking firm

or some other enterprise doing business across state lines. Interstate Industries, Inc., handles the distribution and sales of Hemi-Sync products developed by The

Monroe Institute to mail-order customers and an active network of dealers that reaches every continent. The name, chosen by Bob Monroe, is a play on words: inter (between) states of consciousness, or the road we travel as we move from one state of consciousness to another. III has grown steadily over the years, responding to ever-growing interest in Hemi-Sync. In the small, rural village of Lovington, ten miles down the road from TMI, a dedicated, hard-working team handles everything from sales to customer service to marketing to shipping to database management and more.

The versatility of III's knowledgeable customer service representatives is called upon all day long as they respond to a variety of questions. Customers recognize that III provides something special and beyond the ordinary. They send feedback such as, "I am gratified and impressed with the level and quality of service you deliver," "I really appreciate your friendliness and your help," "Thank you for your prompt, helpful, and accurate service," "Great service, very speedy and professional indeed," "Best service of any mail-order firm I've dealt with; the people on the phones are very courteous and went out of their way," "Dealing with



Shirley Margie Regina Teresa Adrienne John-Clyde
Jenny Mitzi Angie Maria

everyone at III has always been a pleasant, personalized experience," "Thank you for your amazing support."

The motivation for the III team's high-quality work is simple. They care. They know the benefits of Hemi-Sync and they take pride in helping these benefits get to people who want and need them.

Office hours are 8:30 A.M. to 6:00 P.M. EST, and faxes and electronic and voice mail messages are received around the clock. Whether you contact the III team to renew your membership, order tapes, or ask a question, you can count on a response that will be caring as well as efficient and helpful.

Happy Holidays
and
Best Wishes for a
prosperous
New Year!